



A MINUTE OF HEALTH WITH CDC

Stroke Prevention

World Stroke Day — October 29, 2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Worldwide, strokes are the second leading cause of death among people over 60 and a leading cause of disability. In the U.S., nearly 800,000 people suffer a stroke each year. The primary risk factor is high blood pressure. Signs of a stroke include a drooping face, weakness in the arms, and difficulty speaking. Getting help fast can help prevent death, as well as the debilitating effects of a stroke. If you or someone you know is exhibiting symptoms of stroke, call 911 immediately. To see how you can decrease your chances of having a stroke, talk with your health care provider.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.